

USI Student Mental Health



Union of Students in Ireland
Aontas na Mac Léinn in Éirinn

Key Changes in Approach Over Time

Move from intensive short campaign to rolling campaign

Move to more methods of reaching students

Current Campaign – Open Up

- Originally related to society re-opening post-COVID
- Now related to opening up dialogue around mental health with peers & family
- Continual campus visits rather than static intensive week



Current Campaign – Open Up

- Umbrella campaign, includes other key awareness elements
 - Movember



Current Campaign

– Open Up

- Umbrella campaign, includes other key awareness elements
 - Exam DeStress

REMEMBER
NO ASSESSMENT IS WORTH COMPROMISING
YOUR WELLBEING AND INFLUENCING HOW
YOU FEEL ABOUT YOURSELF!

CUIMHNIGH
NÍ FIÚ AON MHEASÚNÚ AGUS DOCHAIR A
DHÉANAMH DO DO CHUID FOLLÁINE AGUS AN
GCAOI A MOTHÁIONN TÚ FÚT FEIN.

USI.IE/DESTRESS

USI DE-STRESS FOR SUCCESS
Union of Students in Ireland
Aontas na Mac Léinn in Éirinn

swipe to read >

USI
Union of Students in Ireland
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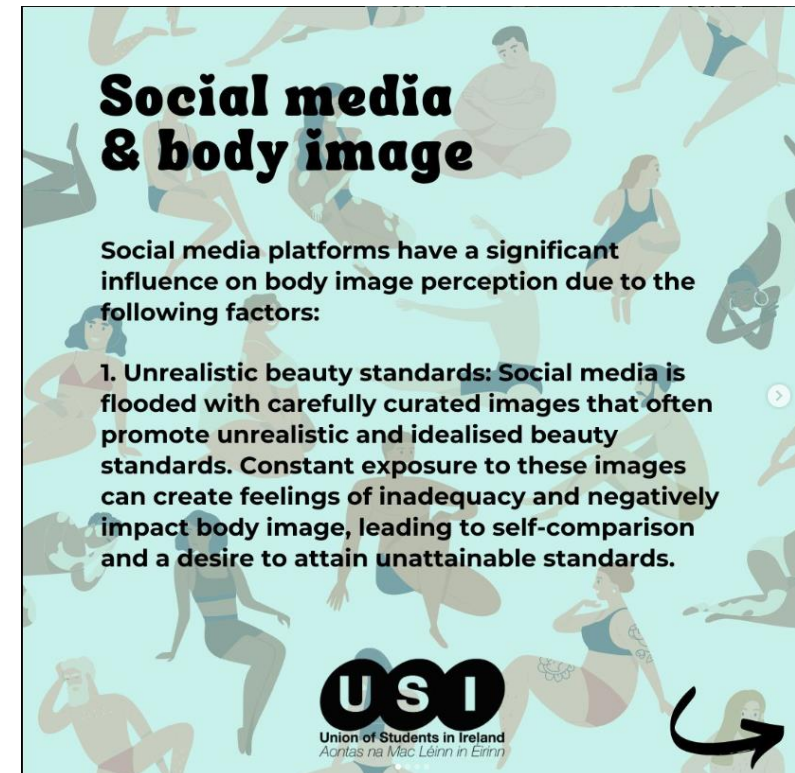
**Self care at
exam time**



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Current Campaign – Open Up

- Umbrella campaign, includes other key awareness elements
 - Eating Disorder Awareness/Body Image



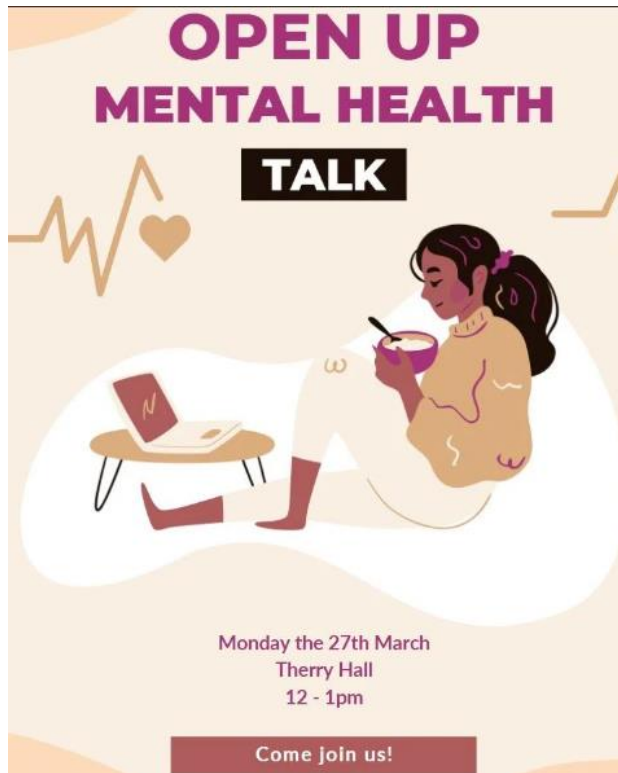
Current Approaches to Outreach

- Reflective of engagement post-COVID – spaghetti method
- On campus in person



Current Approaches to Outreach

- Reflective of engagement post-COVID – spaghetti method
- Talks



Current Approaches to Outreach

- Reflective of engagement post-COVID – spaghetti method
- Podcast



SOUND ON





Current Approaches to Outreach

- Reflective of engagement post-COVID – spaghetti method
- Social media

Current Approaches to Outreach

- Reflective of engagement post-COVID – spaghetti method
- Website
- Blog

We all have a mental health. We all need to take care of ourselves.
USI works with your SU to discover better ways of coping with the strain of student life.

Green Ribbon Campaign 2024

[mentalhealth](#) | Sep 3, 2024

September in Ireland sees the return of the annual Green Ribbon Campaign run by Shine. This is a campaign that aims to combat and reduce stigma around mental health, and is a campaign that USI are proud to be part of again this year. Is mental health stigma still a problem? Absolutely – a study [...]



Current Approaches to Outreach

- Reflective of engagement post-COVID – spaghetti method
- Merch



Main aims of outreach

Move the needle on stigma – ‘hello, how are you?’

Engage with students directly & indirectly

Psychoeducation

Linking with supports

Signposting to on-campus & off-campus
supports

Building relationships with students’ unions &
supporting them

Want to book a
campus visit?

Email
mentalhealth@usi.ie



HSE
yourmentalhealth.ie

Samaritans
116 123
jo@samaritans.ie

LBGT Ireland Helpline
1890 929 539
online chat [@lgbt.ie](https://lgbt.ie)

Text Hello to 50808

Rape Crisis Helpline
1800 77 8888